Tuesday, April 26, 2011 | 3 sections | Vol. 26 | No. 147 | P18 | www.inquirer.net

PHILIPPINE DAILY INQUIRER
BALANCED NEWS, FEARLESS VIEWS

## Crame now historical site due to Edsa I

By Marlon Ramos



THE BIG LEAP Former President Fidel V. Ramos led ex-Constabulary and PNP chiefs in the reenactment of his trademark jump for democracy during Edsa I 25 years ago after the unveiling of the marker in Camp Crame that renders the 4-hectare headquarters a historical site. The National Historical Commission says the camp is now protected by law.

# Police tag Pilapil's companion suspect

## Missing woman's many lies revealed

By Marlon Ramos

THE WEEKLONG police inquiry into the stabbing attack on beauty-queen-turned-actress Pilar Pilapil has taken a strange twist.



NEW TWIST Chief Supt. Samuel Pagdilao Jr. shows a photocopied passport image of Rosel Pelias, who allegedly staged her abduction with the attack on actress Pilar Pilapil as a vital part of the "conspiracy."

## Suspension of mining urged; death toll rises to 8

By Jocelyn R. Uy in Manila and Inquirer Mindanao

## Viet refugee's cross Bataan's tribute to John Paul II

By Tonette Orejas
Inquirer Central Luzon

Thousands gather in Rome for beatification ritual / A16



## FVR: '3Rs' could lick corruption in AFP

By Marlon Ramos

## Vidal: End Church-Palace dialogue on RH bill, it's futile

By Jocelyn R. Uy

### WHAT'S INSIDE

WEATHER FORECAST

# Second FRONTPAGE

| EZ2 | | | FOUR DIGIT |
|---|---|---|---|
| 9 | 10 | | 8 1 6 7 |
| 31 | 5 | | MEGALOTTO 6/45 |
| 10 | 13 | | 5 14 15 39 41 42 |
| SUERTRES | | | P9,811,267.20 |
| 8 7 2 | | | 6/55 GRAND LOTTO |
| 4 0 2 | | | 9 10 26 38 40 49 |
| 7 3 9 | | | P140,531,576.40 |

# WikiLeaks cables on PH bared

## 'Sensitive' memo reveals PH plea for help on extrajudicial killings

By Jerry E. Esplanada

ONLINE whistle-blower WikiLeaks has released the first of 1,796 cables which supposedly emanated from the US Embassy in Manila.

[illegible]

### Unauthorized

[illegible]

### Manila memos

[illegible]

# Vietnam rice prices steadily rising

[illegible]






# Last batch of Pinoys repatriated from Japan

By Jerry E. Esplanada

[illegible]

### Crisis level

[illegible]

### Death toll

[illegible]

### No forcible evacuation

[illegible]

# Taal volcano beats up, gets ready to rumble



TIRELESS RED CROSS ICON

# Fracture sidelines Rosa Rosal



ROSAL



'WE FEEL VINDICATED'

# AFP cheers, militants jeer CHR report

### One still missing

### 'Death squads'

# PH on USAID priority list in anti-TB drive

By Jerry E. Esplanada

THE PHILIPPINES has been named one of the 20 priority countries of the United States Agency for International Development (USAID) in the Washington, D.C.-based agency's worldwide campaign against tuberculosis (TB).

Gloria D. Steele, the Filipino-American USAID mission director, has confirmed to the Inquirer the inclusion of the Philippines on the agency's anti-TB campaign list of "Tier 1 countries."

Also on the list are Afghanistan, Bangladesh, Brazil, Cambodia, Congo, Ethiopia, India, Indonesia, Kenya, Mozambique, Nigeria, Pakistan, Russia, South Africa, Tanzania, Uganda, Ukraine, Zambia, and Zimbabwe.

USAID, which is celebrating its 50th year of active involvement in the Philippines, also supports anti-TB programs in the following countries: Angola, Armenia, Azerbaijan, Belarus, Bolivia, Djibouti, Dominican Republic, Georgia, Ghana, Haiti, Kazakhstan, Kyrgyzstan, Malawi, Mexico, Namibia, Peru, Senegal, Southern Sudan, Tajikistan, Turkmenistan, and Uzbekistan.

Priority countries are "selected to receive bilateral support for TB based on the prevalence of the disease, potential for anti-TB drug resistance, and case detection and treatment success rates," said a USAID report.

## Political commitment

"Political commitment and technical and managerial feasibility are also considered in country selections," said the same report.

Steele said USAID was strengthening its TB monitoring and evaluation systems in the Philippines "with the country's Millennium Development Goals in mind."

"Everything we do is in coordination with the Department of Health," she noted.

The Philippines has the ninth highest TB burden in the world. With over 100 Filipinos dying of TB every day, it has become the country's sixth leading cause of death and illness.

The majority of TB cases here are "found in those between the ages of 15 and 54, jeopardizing not only the health of the person infected but the economic stability of his or her family and community," said USAID.

TB is a bacterial infection caused by mycobacterium tuberculosis.

The disease usually affects the lungs but can spread to other parts of the body in [illegible] can occur. An individual can become infected with TB when another person who has active TB coughs, sneezes or spits.

However, not all people who become infected with TB will develop symptoms. Those who do not become ill are referred to as having latent TB and cannot spread the disease to others.

NO CLOSURE IN IMPEACHMENT

# Ping: Only courts can resolve fertilizer, NBN scams

# Ping to Erap: I don't need forgiveness

Memo to parents

# Where will your kids live when they go to college?

It wouldn't do to answer this question at the last minute. Where your kids live is a big factor in how they live their college life, especially if your home is far from their new school. The answer to that lies in early planning.



## Give yourself a head start with SMDC SUN RESIDENCES

**Sun Residences** is SMDC's answer to all the questions and concerns about sending your children off to college.

The development concept recognizes that college life is, of itself, an entirely special kind of lifestyle -- and fully provides for it.

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Also within this Sun's orbit are hospitals, churches and a profusion of leisure and commercial areas.

The **Sun Residences'** amenities serve all possible needs: swimming pools, a Multipurpose Hall, Function Rooms, Play Areas, Jogging Path, garden & gazebos, patio & barbecue area. The generous lounge at the grand reception lobby is complemented by special study areas. The luxurious surroundings are supported by the most complete range of well-planned utilities and facilities, from 3 levels of parking space, high-speed elevators, Wi-Fi areas and professional services like security, maintenance and housekeeping.

The **Sun Residences** is also a mall residence concept, and therefore also provides every urban lifestyle need. **Sun Mall** has a wide array of retail establishments for fashion, dining, houseware, appliances, modern gadgets and relaxation outlets, even its own **Savemore Market**. The concept envisions a contented and secure community of students, friends, associates and families served holistically and harmoniously in a self-contained complex where everything is just an elevator's ride away.













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SMDC

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Albay RISING
MAGAYON Festival 2011 April 1-30
CALENDAR of EVENTS
April 25 Mon
MAGAYON ALBAY DAMA TOURNAMENT
CAMALIG MUN. NIGHT (Cultural Presentation)
Rockfakan sa Magayon
April 26 Tue
FLORAGE Lecture Series
MAGAYON ALBAY DAMA TOURNAMENT
HOT CHOW at KANTAHAN
MUTYA NG MAGAYON FESTIVAL
Talent Show
OAS MUN. NIGHT (Cultural Presentation)
Rockfakan sa Magayon
April 27 Wed
MAGAYON ALBAY DAMA TOURNAMENT
FLORAGE Landscaping & Floral Arts Contest
BACACAY MUN. NIGHT (Cultural Presentation)
Rockfakan sa Magayon
April 28 Thu
MAGAYON NAT'L TABLE TENNIS TOURNAMENT
REGIONAL COOPERATIVE COUNCIL MEETING
MAGAYON ALBAY DAMA TOURNAMENT
SARI-SARING TALENTONG ALBAYANO
(GRAND FINALS)
Rockfakan sa Magayon
MUTYA NG MAGAYON FESTIVAL 2011
PAGEANT NIGHT
AniGolden: UNDER SEIGE
(COSPLAY Competition)
with Cosplay Queen, Alodia Gosiengfiao
Pacific Mall Entertainment Plaza • 1 pm - 8 pm
April 29 Fri
MAGAYON SUMMIT CLUB 2011 (10-15 Climbers)
MAGAYON NAT'L TABLE TENNIS TOURNAMENT
National Open CHESS Team Championship
SHOWDOWN SA MAGAYON FESTIVAL
(Street Dancing Competition)
MAGAYON 2011 BIKINI OPEN Pageant Night
"REMING" (A Night of Songs and Dances)
SILYAB SA MAGAYON (FIREWORKS DISPLAY)
Rockfakan sa Magayon
April 30 Sat
MAGAYON SUMMIT CLUB 2011 (10-15 Climbers)
MAGAYON NAT'L TABLE TENNIS TOURNAMENT
National Open CHESS Team Championship
MAGAYON FUN RUN 2011
THE MUSICAL SESSION
CONCIERTONG PASASALAMAT
Closing Concert with Sugey Dillon, Angelica dela Cruz & Kris Lawrence
Rockfakan sa Magayon
Mutya ng MAGAYON Festival 2011
THE PAGEANT
April 28 • 7:00 PM
Albay Astrodome




BOY'S PLEA

# Warays may yet get wage hike by May 1

By Philip C. Tubeza

## Mayor survives ambush

Marlon Ramos

## JBC still open for SC nominees

By Nikko Dizon

### The Daily Gospel

# Prices cut for diesel, but raised for gasoline

### Bigger cuts

### Explain increase

### Overpricing

### Two views

### Heavily speculative

# Camp Crame now historical site due to Edsa I uprising



### Immortalized

### That famous jump

## IN THE KNOW

### What price history



# Suspension of mining urged; death toll rises to 8

From page A1

"There should be a moratorium because as of now, the law is weak and the government's control on mining is also weak," Pabillo, who heads the National Secretariat for Social Action of the Catholic Bishops' Conference of the Philippines (CBCP), told reporters.

He said mining operations in all provinces, and not only in Compostela Valley, should be temporarily stopped. "Mining should be banned in the meantime until the government has addressed the risks and problems involved."

**PH not ready**

According to Pabillo, the Philippines "is not yet ready for mining operations because the government cannot control these operations and cannot even take care of those who may be affected."

"Now, who will be liable for [these disasters]? Can the government hold the mining companies responsible?" the bishop said.

The Catholic Church has repeatedly called for the suspension of mining operations in the country.

In November 2009, the CBCP issued a pastoral letter calling on the government and also mining companies to uphold the rights of indigenous peoples, "compensate the affected communities for past damages, and ensure responsible mining practices."

Pabillo said there was no pressing reason for the incumbent administration not to heed the call for a moratorium because "there is no immediate need for mining."

"They must not be in a hurry because the resources will still be there even if the operations are stopped," he said.

**Sensors**

In Pantukan, the government organized search and rescue team yesterday unearthed three more bodies with the help of sensors, bringing the official death toll to eight.

Of the three bodies, only that of Crisanto Torrejos Jr. has been identified, Pantukan social welfare officer ... said.

... of the local disaster management office said the team had no more sensors to locate more bodies as the deadline set by the government for evacuation neared.

... said officials expected the retrieval operations to be slow even with the use of sensors and heavy machinery. She said the problem was that the mud covering the disaster area was too thick for easy digging.

"But we are still hoping to find more survivors," she said.

Compostela Valley Gov. Arturo Uy said, however, that the chances of adding to the 11 survivors were very slim. He said officials would decide in three days if the search should be continued.

**Immediate evacuation**

On Monday, with the discovery of a fresh fissure 70 meters wide and a meter deep at the mountain that had caved in, Interior Secretary Jesse Robredo gave officials 48 hours from yesterday to evacuate the residents.

... said a damage analysis and tests conducted by authorities had indicated the need for immediate evacuation.

Maj. Jake Obligado, the local military spokesperson, said children and the elderly were the priority in the evacuation procedure, and that at least 100 families would leave the area anytime soon, as ordered by Pantukan Mayor ...

Obligado said the local government and concerned agencies would assist the residents.

By tomorrow, residents who insist on staying put will be forcibly removed, he said, adding: "Even for seconds, it is risky to be there."

Robredo had said the evacuation was not meant to dislodge the small miners and their families.

"We don't want them to lose their livelihood, but their safety is more important," Robredo told reporters after a closed-door meeting on Sunday with local and national officials at the Pantukan municipal hall.

He said he had requested Environment Secretary Ramon Paje to produce a template of a safe mining area for use in the monitoring of mining areas in Compostela Valley.

"We will make sure safety standards will be followed and mining tunnels found unsafe will be shut down immediately," Robredo said.

**Political will**

In Davao City, Mines and Geosciences Bureau Director Leo Jasareno said the Good Friday landslide was a wake-up call for the government to cut back on small mining operations, particularly the illegal ones.

"Maybe this is the right time for the government to have the political will to rationalize small-scale mining operations," Jasareno told reporters.

He said that by law, small mining operations should be regulated but that in reality, "in over 20 years, nothing has happened."

He also pointed out that under Presidential Decree No. 7076, "small-scale miners should form a cooperative before they can legally operate, and their operation should be duly approved by the Department of Environment and Natural Resources (DENR)."

**Use of explosives**

Jasareno said small miners were violating not only the law on mining but also other laws.

He said government bureaus, including those from the DENR, had reported that mining operations in South Mindanao in Pantukan involved the use of explosives, mercury, and cyanide, which were banned by law in small mining activities.

"Who are supplying the miners these explosives, mercury and cyanide? If you cut the supply of these materials, there will be no small-scale mining," he said.

Jasareno said the government was not against small-scale mining in itself but wants all the industry strictly regulated for the safety of miners and their families.

**'No one to blame'**

"No one can be blamed for the [landslide in Pantukan]," Governor Uy said. "If you look at the situation of the miners there, you will really pity them. The area is almost inaccessible, the roads are very bad, yet they continue to survive."

Uy said that even the rehabilitation policy he had ordered following a similar landslide in Pantukan two years ago was ignored by small miners because they wanted to make some money for their families.

He promised that the evacuation order would be enforced and that the police and the military would be overseeing it. *With reports from Jeoffrey Maitem, Rosa May de Guzman, Sheila Santos and Judy Quiros, Inquirer Mindanao*



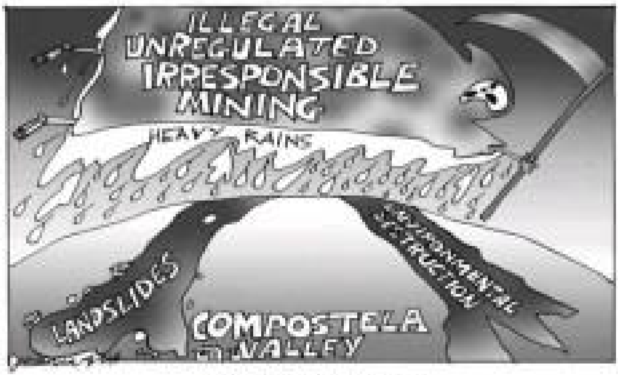
**ONE MORE VICTIM** Rescuers retrieve the body of another landslide victim at Barangay Kingking in Pantukan town in Compostela Valley.

PHILIPPINE DAILY INQUIRER

# OPINION

# Bloodbath

EDITORIAL




# Elusive fragrance

VIEWPOINT

*Juan L. Mercado*



# War

THERE'S THE RUB

*Conrado de Quiros*



# Is tax collection getting better?

No Free Lunch



Cielito F. Habito

# Pilgrims and litter

At Large



Rina Jimenez-David

# Willie's lawyer: 'I won't be bullied into silence'

Newsstand



John Nery

# Barotac Nuevo

Young Blood

Nico Ordoñez

Notice to Youngblood contributors:

# On hunger, no time to waste

## LETTERS

## Missing booklets

## Give old-age pensioners a break

## When our forests are gone, we will be lost and confused

## 'Black Knight' of the Arroyo regime?

# Police tag Pilapil's lying companion suspect

### Ransom demand

### Pilar in disbelief

### Lie after lie

### Meeting place closed

### No departure record

### Husbands supportive

### Complex crime

# Vidal: End Church-Palace dialogue on RH bill, it's futile



PRO-RH BILL Tourist guide Carlos Celdran, a controversial advocate of reproductive health (RH) rights, distributes stickers and pamphlets supporting RH legislation outside Quiapo Church in Manila.

### No middle ground

### Palace welcomes debate

### The real soldiers

### 560,000 abortions yearly

### Celebration of life

# Bonus seen for workers into family planning

By Philip C. Tubeza

### Incentive bonus

### Yes to bill

### Elusive

# FVR: '3Rs' of environmentalists could lick corruption in AFP

### Most corrupt agency

### Malaysian trip

### Close monitoring

# Thousands gather in Rome for John Paul's beatification



### Happy coincidence

### Focus on messages

### Claims of miracles



# Viet refugee's cross Bataan's tribute

### New shrine

### 400,000 refugees

### Parish memorabilia

# Across the NATION

# Reservists tapped in anti-Red drive

TACLOBAN CITY—The Army in Eastern Visayas has called on reservists to help in the anti-insurgency campaign in the region.

## NEWSBRIEFS

■ COTABATO CITY

### Kidnap suspect held

■ QUEZON

### 10 hurt in mishap

■ LAGUNA

### Woman shot dead



## 'Balikbayan' lured to Laguna's 'heaven'

HOMETOWN Snapshot

## Journalist's slay witness linked to murder

### 'Harassment'

### Perceived threats

# Subic kids paint to raise funds for Japan relief drive



Editor: Teddyvic S. Melendres
Assistant Editor: Francis T. J. Ochoa

# SPORTS



# Celtics sweep Knicks; 76ers, Hornets alive



BOSTON Celtics center Nenad Krstic (center) tries to score despite efforts to stop him by New York Knicks' Amar'e Stoudemire, Ronny Turiaf, Shawne Williams and Landry Fields.

# Francisco off for Bangkok, title defense

# Key Shakey's V-League q'final matches today

# Shooting contender Romero wants sport in varsity skeds



ROMERO

# Tamaraws pull off OT escape; Lions in blowout win

## Mosley out to defy huge fight odds



MOSLEY

## Medical Center Manila golf slated



MANNY Pacquiao works out for the media in Los Angeles

# 'Manny should ease up a bit'

# Football body finds airline sponsor for Azkals

## Sweet boxing secret unearthed

BARE EYE



*Recah Trinidad*

## Maynilad takes on Cebuana five today

## Ikeda gains semifinals; 2 other PH bets ousted

## Big NCA derby fires off

## Patrombon crashes ITF Futures 5 main draw


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# Aplus METRO



# Fire-hit area declared a danger zone

## Move out, Binay tells residents

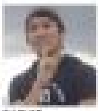
A WEEK after a prime piece of property located on [illegible] was hit by a fire which razed 500 houses and left around 2,500 families homeless, the Makati City government has declared the [illegible] Compound in Guadalupe Viejo a danger zone.

[illegible]





## Cops charge amok who killed GMA 7 radio employee



[illegible]

# NCRPO remain on high alert for Labor Day protests

## Meditation in a forest walk

On Target
Ramon Tulfo





NO TO TOLL HIKE

## Reports of high mercury levels in Tondo to be probed

## Judge orders transfer of Dominguezes

## Gov't official loses cash in LTO break-in

## Boy with leukemia needs a bone marrow transplant ASAP



JACINTO



## MetroBriefs

### Man nabbed for stealing girl's cell phone

### Fetus found in Quezon City

### Cop wanted for indiscriminate firing yields

# The WORLD

# Dozens of high-risk inmates in Guantanamo freed by US

## 150 innocent men also held for years, leaked memos say

WASHINGTON—The United States released dozens of "high-risk" Guantanamo inmates and held over 150 innocent men for years, a fresh trove of classified military files showed Sunday.

[illegible]



BRITAIN'S Prince William and his fiancee Kate Middleton in photo taken on April 11.

## *Shower us with donations, say Prince William and Kate*

[illegible]

# Opponents of Saleh divided over deal

[illegible]



A YEMENI boy center, his face painted with the slogan "Go Out," prays with female antigovernment protesters demanding the resignation of Yemeni President Ali Abdullah Saleh, in Sanaa on April 24.

[illegible]

# Nato bombs hit Gadhafi office in center of Tripoli

[illegible]

# Thousands call for Assad's ouster at Syria funeral

[illegible]



A SYRIAN woman joins a protest rally in front of the Syrian embassy in Amman on April 24.

[illegible]



Inihahandog ng
TV 5
Justin Bieber • My World Tour
May 10, 2011 • 8PM • SM Mall of Asia
BE THERE WITH BIEBER
Tutok na sa MAGIC 5 shows ng TV5
for a chance to watch Justin Bieber live!
Starting April 27, 2011, watch out for the Justin Bieber Fever code of the day, airing during the following MAGIC 5 shows:
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Saturday
Sunday
AKSYON
Babaeng Hampaslupa
Pinoy Samurai
• Register to join the raffle draw by texting in JB <space> REG <space> <name / address / age> to 2929.
• After registering, you can text JB <code of the day> to 2929 to qualify for the daily raffle.
Each winner receives 2 Silver Tickets to the Justin Bieber concert.
The list of winners will be published and updated daily on
www.tv5.com.ph/justinbieber
and will also be contacted directly via mobile phone.
Wanna meet Justin Bieber? Visit www.tv5.com.ph/justinbieber and join our online promo.

# BUSINESS



# Neda: 7-8% growth 'still our fighting target'

## Momentum seen in '10 may carry over to 1st quarter

HAVING TAKEN into account the impact of recent world events, the National Economic and Development Authority (Neda) believes that the Philippines may yet post decent growth comparable to that seen in the first quarter of last year.

# San Miguel now sets its sights on Naia 3 project

## *Most PH professionals said to be dissatisfied with jobs*

**INDICATORS**

**PESO-DOLLAR RATE**

43.185



**STOCK MARKET**

56.6



**Share prices surge**

# Highlands Prime targets 200-300% profit growth

## Philamlife names new president/CEO

[illegible]

## Gokongwei group net income up 91%

[illegible]

## Reflections on being a trader than an analyst

MARKET RIDER



[illegible]

## Share prices surge

[illegible]

PHILIPPINE STOCK EXCHANGE

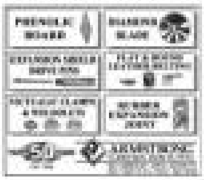
[illegible]

[illegible]

# DOF: Fiscal gap narrowed in March

## 1st quarter deficit seen below ceiling



# ALI issues 4th tranche of 'Homestarter Bonds'



## Neda: 7-8% growth . . .







## Most PH professionals . . .




## Globe improves mobile network quality

### Makes significant investment on quality and capacity upgrade



INQUIRER Tuesday NATIONAL
# CLASSIFIEDS
The Widest Reaching Classifieds
TUESDAY, APRIL 26, 2011 B4

Republic of the Philippines
CITY OF ALAMINOS
Province of Pangasinan

## INVITATION TO BID FOR THE CONSTRUCTION OF TWO (2) STOREY SCHOOL BUILDING (PHASE I) OF THE PANGASINAN STATE UNIVERSITY, ALAMINOS CITY CAMPUS ALAMINOS CITY, PANGASINAN

REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF TRANSPORTATION & COMMUNICATIONS
LAND TRANSPORTATION OFFICE
East Avenue, Quezon City

## INVITATION TO BID FOR THE PROCUREMENT OF ANG DRAYBER NA PINOY (FILIPINO VERSION) AND THE FILIPINO DRIVERS MANUAL (ENGLISH VERSION) FOR THE USE OF TRAFFIC SAFETY DIVISION

FOR IMMEDIATE HIRING

**BROKERAGE ASSISTANT**

**CUSTOMS REPRESENTATIVE**

**REAL ESTATE FOR RENT**

**GENERAL ITEMS FOR SALE**

**PUBLIC NOTICES**

**TRANSPORTATION FOR RENT**

**INVESTMENT OPPORTUNITIES**

**GENERAL ITEMS FOR SALE**

**EMPLOYMENT OPPORTUNITIES**




World Health Organization
Western Pacific Region

## EXPRESSION OF INTEREST

## Online content provider fans continued success on the web



TOP DIGITAL CONtent and mobile applications provider ...

## VIOLETA M. INOCENCIO

[illegible]

Lovingly remembers her on her

## First Death Anniversary

[illegible]

## Colonel Santos "Tio" Chaves Payumo, PA (Ret)

PMA Class of 1944



[illegible]

## Gorgonia "Georgie" Tuliao Ocampo

[illegible]

"I have fought the good fight, I have finished the race, I have kept the faith."

2 Timothy 4

## Socorro Apre Mariano

[illegible]

A good wife who can find?
She is far more precious than jewels . . .
The heart of her husband trusts in her . . .
She does him good and not harm,
all the days of her life . . .
She opens her hand to the poor,
and reaches out her hands to the needy . . .
Strength and dignity are her clothing,
and she laughs at the time to come.
She opens her mouth with wisdom,
and the teaching of kindness is on her tongue . . .
Her children rise up and call her blessed;
Her husband also, and praises her,
Many women have done excellently,
but you surpass them all. – Proverbs 31

# MARIA CLARA ALMEDA LOPEZ-CAMPOS

*Professor Emeritus, University of the Philippines College of Law*

*Born on the 5th of August 1926 now rests peacefully with her Creator*

Maria went home to the Eternal Father, to His everlasting grace and love, on the 22nd day of April 2011.

[illegible]

Her remains lie in state at the Sta. Maria della Strada, Katipunan Avenue, Quezon City.

[illegible]

[illegible] in memory of "Maria Clara L. Campos."

An obituary with a picture can be a fitting tribute to your dearest loved one.

OBITUARY REQUIREMENTS:

[illegible]

DEATH ANNOUNCEMENT

MESSAGE OF THANKS

DEATH ANNIVERSARY

REQUIEMS

FREE OBIT DESIGN

The Society of the Divine Word Philippines announces with great sorrow the demise of

## Msgr. Hermogenes E. Bacareza, SVD, JCD

[illegible]

The body lies in state at the Villa Cristo Rey, Christ the King Mission Seminary

101 E. Rodriguez Blvd., Quezon City.

[illegible]

The Missionary Sister Servants of the Holy Spirit

announce the death of

## SISTER RESURRECCION, S.Sp.S.

(Lydia T. Quebral)

[illegible]

## NEMESINO 'NINOY' SANCHEZ MARIANO

[illegible]

# CLASSIFIEDS



# CLASSIFIEDS



**VISHAI-2011 AND AHOMES SPEARHEADS ANTIPOLO DISASTER PREPAREDNESS**

[illegible]

# BUSINESS

# First-half inflation seen staying below 5%

## Steel angle bar sector seeks 10-yr protection

## Another rate hike in H1 unlikely, say FMIC and UA&P

## Former FAA exec tapped to help airline sector

Editor: Thelma Sioson San Juan

# LIFESTYLE Wellness



# Becoming 'Doctor Me' has helped me heal naturally

I used turmeric to heal from gum surgery, got rid of my migraines with water, and still treat my diabetes with cinnamon and vitamin C

By Emily Marcelo

I REFRAIN from going to medical doctors if I can help it. They may be the experts, and surely know a lot more than me. But many of them have hardly opened their medical books since medical school, or haven't found time to update themselves on the latest medical discoveries.

The average person has become such a pill-popper-cum-hypochondriac who has lost that basic survival instinct of common sense and fending for himself. And that makes doctors happy. According to the latest statistics in the US, the third biggest cause of death is wrong diagnosis!

I learned I had a "bit" of elevated sugar some time ago. I almost expected that it "runs" in my family. However, one doctor said that inheriting a disease doesn't happen. We only inherit genetics, land, houses—never illnesses, she said.

So okay, it was my lifestyle then. [illegible] And saying I have just a "bit" of elevated sugar is like saying I'm a "bit" pregnant. So I am diabetic!

After consulting a few doctors, I learned that even the most common case of diabetes, no matter how "mild," has a downside—kidney failure, gangrene, consequent amputation of one or two limbs, blindness, and whatever else come with the territory.

Being an Indie for over a dozen years and meeting incredible natural healers opened my mind to the wonders of what is now known as natural healing. I realized that the time for our emancipation from pharmaceutical companies has arrived, and educating ourselves about herbs and spices could heal so many ailments today, cheaply and safely.

### Two kinds of cinnamon

I learned that diabetes can be controlled by taking cinnamon, that aromatic spice, either as capsule or tea. And that there are two kinds of cinnamon—the real cinnamon or Ceylon cinnamon (the one that comes from Sri Lanka), and the more common, the Cassia cinnamon.

The latter cannot be taken for long periods of time, though, because of an ingredient called coumarin, which has a "blood-thinning" effect. Cassia cinnamon contains 5.5 percent coumarin, while Ceylon cinnamon contains only 0.0004 percent. People taking prescription anticlotting medications, or those with bleeding disorders, should beware.

How to distinguish the two? Cassia cinnamon is thick, hard and double-rolled, while Ceylon cinnamon is thin, brittle and rolled like a cigar.

Another miracle spice is that magnificent yellow ginger called turmeric, which I discovered while preparing for my gum surgery and frantically searching for a natural antibiotic. My dentist couldn't believe I was going to defy his prescription and take only turmeric after my procedure!

I took the capsule three times a day for five days, and not only did I get well fast, I also prevented the other horrible side effects of antibiotics, like vaginal irritation, stomach upset and white coating of the tongue.

Turmeric also cured my [illegible] long-suffering pain of rheumatoid arthritis, which doctors could only alleviate superficially. [illegible] But that's long gone, and her misery is history.

### For the liver

Further study puts turmeric in a good light for the liver, useful for treating hepatitis, cirrhosis and jaundice. It is also good in preventing the blockage of arteries that can gradually cause a heart attack or stroke.

By lowering cholesterol levels, turmeric inhibits the oxidation of LDL or bad cholesterol that contributes to the formation of atherosclerotic plaques.

To the spices turmeric and cinnamon, I added vitamin C for my "elevated sugar" regimen. I am a fan of Dr. Linus Pauling, the double Nobel Prize awardee whose faith in vitamin C helped him fight terminal cancer when he was younger. Of course, he eventually died—at the ripe old age of 93.

I met one alternative healer who broke both his legs from paragliding, and instead of being hospitalized and having both legs in a cast, he just relied on a pair of crutches and megadoses of 10,000 mg of vitamin C everyday. In two months he was walking happily.

Vitamin C helps produce collagen, which is responsible for holding the cells together and healing wounds and broken bones.

### Diabetic-friendly

This trio of natural supplements is all I take three times a day, everyday. Who prescribed that formula to me? ME! I became Doctor Me. But I also take other diabetic-friendly food like kiwi, avocado, broccoli, okra, banana (saba, not and very ripe), peanuts, walnuts, cashew, red rice, oats, and lots and lots of water.

I also discovered that coco sugar, which comes from the nectar of the coconut flower, is the benign sugar alternative diabetics can use because of its low glycemic index (GI) of 35. Anything over 50 GI, like refined white sugar, is [illegible]

Coco sugar, believe it or not, also cured my stomach ailments. I used to dread going to lunch meetings because I knew that oily and rich foods made me sprint to the bathroom before the meal was even over.

Then some time ago, I had a severe stomach ache and diarrhea that wouldn't go away. After days of suffering, I succumbed to a doctor's prescription of the dreaded antibiotic. [illegible] and still nothing worked.

After losing almost eight pounds and dangerously dehydrated, I called a friend I call Dr. Quack Quack as a last resort, who asked if I had coco sugar. He told me to take one tablespoon right away, to be repeated when necessary. I took one tablespoon and within minutes, my distressed and painful stomach quieted. I couldn't believe it! I've been hooked since then. Coco sugar is now a mainstay in my bag, wherever I travel or eat out.

Another regimen worth sharing is swishing coconut oil inside your mouth. It's basically just rinsing your mouth with virgin coconut oil (VCO), much like you would with a mouthwash, twice a day. It has a very powerful cleansing, healing and detoxifying effect, not only on the mouth, but on the entire body!

### Ayurvedic medicine

Our mouths are home to billions of bacteria, which contribute to many health problems. The simple? Oil pulling, according to research, is practiced in centuries-old Ayurvedic medicine.

VCO can also be used as lubricant douche after shower, a moisturizer, and a simple and acne buster—an antifungal, antibacterial and antiviral wonder. Besides curing constipation (a tablespoon before bedtime will do wonders in the morning), it's been documented to fight cancer, as well.

Suffering from migraine? I had suffered the horrible, debilitating pain since high school. I tried acupuncture, acupressure, and a variety of medicines.

Then I met Jimmy Uy Lauzo, a retired businessman who now practices naturopathy, who became a frequent guest on my tv program. He casually told me that my migraines was the result of dehydration!

From that fateful meeting, I started to drink lots of water everyday, and miraculously, my migraine just disappeared like it never happened. Water was the key to what held me hostage all my life.

Sure, I am not a doctor. But I don't think I will be sued by the medical profession for sharing these tips.

The healing can't be more. Instead are in your kitchen. No one will be exempt from diseases, ailments, and accidents because no one will live forever. But for everyday aches and pains you have control over. Listen to your body and allow your common sense to guide you.

Moral of the story? If you're not actually bleeding profusely, comatose, dying, or sick big time, refrain from this awful habit of popping painkillers, sleeping pills, laxatives, or pharmaceuticals you have lying beside your bottles.

Look around you and see what nature has to offer before running to the nearest drugstore and bombarding your body with chemicals. You may just be very thirsty, hungry or plain tired.

# COMIC Relief

GARFIELD

BY JIM DAVIS



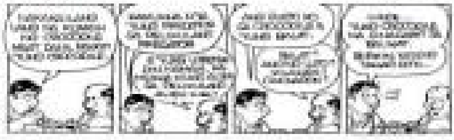
A. LIPIN

BY JESS ABRERA



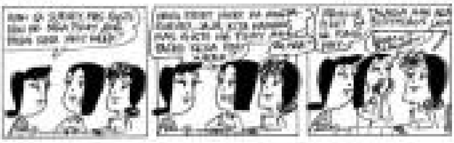

PUGAD BABOY

BY PM JUNIOR



DICK TRACY





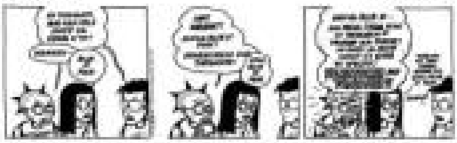
BABY BLUES

BY JERRY SCOTT



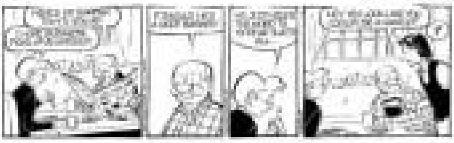
KIKO MACHINE

BY MANIX ABRERA



BEN

BY DANIEL SHELTON

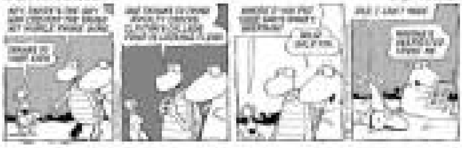


MUTTS



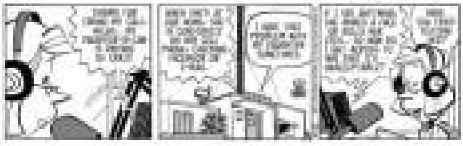

SHERMAN'S LAGOON

BY JIM TOOMEY



DUSTIN

BY STEVE KELLEY AND JEFF PARKER





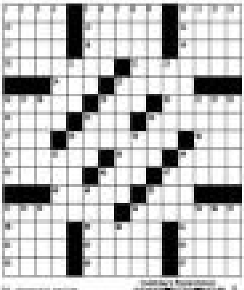
## CONCEPTIS SU DOKU

HOW TO PLAY SU DOKU

Conceptis Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 1 |   | 6 | 9 |   | 2 |   |
|   |   |   | 7 |   |   | 4 |   | 8 |
| 9 |   |   |   |   | 4 |   | 3 |   |
|   | 4 |   |   |   |   | 8 |   | 2 |
| 6 |   |   |   |   |   |   |   | 3 |
| 8 |   | 5 |   |   |   |   | 1 |   |
|   | 2 |   | 4 |   |   |   |   | 6 |
| 5 |   | 6 |   |   | 2 |   |   |   |
|   | 3 |   | 1 | 5 |   | 2 |   |   |

## CROSSWORD PUZZLE



# Reading 'the soul of things'

INNER AWARENESS



Jaime T. Licauco

### A special pen

### Tell me what you feel

# Natural quick fixes for common problems

INSIDE OUT



Cory Quirino

Out of medicines? Try these remedies for headaches, fungal infection and indigestion

### Headaches

### Fungus

### Indigestion

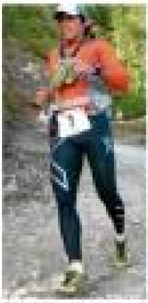



# The case for barefoot running

'When you run barefoot, your body will just naturally align itself to the proper form'

### Slower turnover

### Gradual transition





# Natural quick fixes for common problems



# ENTERTAINMENT

**Guitarist quits The Jerks**

HEARD

# Rock station broadcasts on Facebook

By Pocholo Concepcion

Music News

**'Chosen 7'**

**Why Loggins still matters**











PARANOYA, one of Jack Daniel's "Chosen 7" bands






# Rock station broadcasts on Facebook



#### Jamming with Jacqui



# Iggy Pop still daring as ever

## Return to Vegas

## *Bruno Mars tops overall chart*

Overall

OPM